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Bulletin
OF THE
National Tuberculosis Association

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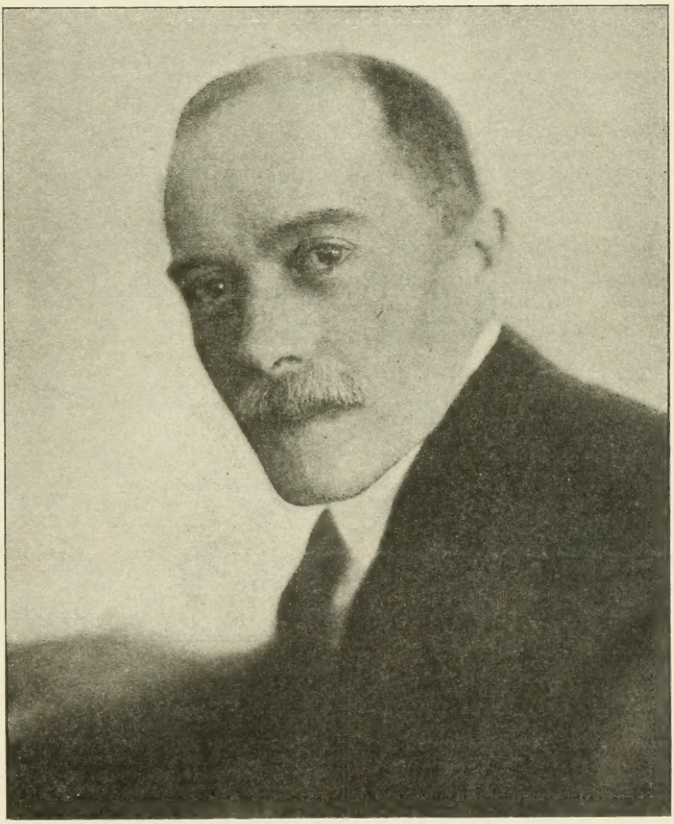
Vol. V MARCH, 1919 No. 6

Red Cross Seals Assured for This Year

As a result of negotiations extending over a period of several months, the National Tuberculosis Association is now able definitely to announce that there will be a Red Cross Christmas Seal sale this year. Details concerning the campaign cannot be announced in this issue of the BULLETIN but will be announced by letter and published in later issues of the BULLETIN.

In returning to a peace basis, the American Red Cross has selected Dr. Livingston Farrand, for nearly ten years the Executive Secretary of the National Tuberculosis Association, as chairman of the Central Committee, in which position he will be in administrative control of the entire Red Cross organization. The assistant chairman will be Willoughby Walling of Chicago, who will act as chairman in Dr. Farrand's absence. Members of the Executive Committee include Henry P. Davison, Elliot Wadsworth, Cornelius N. Bliss, Jr., and George E. Scott, all former members of the War Council.

In his salutatory address, Dr. Farrand epitomizes the problem of the Red Cross at the present time and for the future in the following words: "I realize as deeply as anyone can, the difficulty of speaking explicitly as to the details of the program of the Red Cross in time of peace. It is not only difficult, it is impossible at this time to speak in more than general terms; but one thing can be said and that is, that the work that lies ahead of the Red Cross is greater and more fundamentally important even than the work which lies behind. I say this with a full realization of what the words mean. The world knows that the Red Cross has done a great work, and done it magnificently. In many ways it has been the success of the times. But, I repeat, that the work fades into insignificance when compared with the possibilities which lie ahead in the future."



DR. LIVINGSTON FARRAND

Dr. Farrand sailed for France on March 8, to arrange for the continuation of the work of the American Commission on Tuberculosis in France, of which he has been for two years the director, and to represent the Red Cross at the international conference to be held in Geneva. He will return to the United States about the last of April.

Meanwhile arrangements for the Red Cross Seal sale will be pushed with full force. A conference of state secretaries to be held on March 21st at Cincinnati, will arrange certain necessary preliminary details.

BULLETIN
OF THE
National Tuberculosis Association

Published Monthly
in the Interest of Workers Engaged in the Anti-Tuberculosis Movement by the

National Tuberculosis Association
381 FOURTH AVENUE NEW YORK CITY

Vol. V. March, 1919 No. 6

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Life Insurance Companies Aid Membership Campaign

As a means of bringing indirect influence to bear on physicians throughout the country, a letter signed by Dr. Chas. J. Hatfield was sent to the medical directors of fifty of the leading life insurance companies. Of the responses received to date it appears that excellent results will be obtained.

The following letter from the Medical Director of the Penn Mutual is indicative of probably satisfactory results:

"March 6, 1919.

"Dear Dr. Hatfield:

"In reply to your letter of March 4th, asking if I would be willing to help the Association by signing a letter and having same sent to our Medical Examiners with the hope of getting additional members for the National Tuberculosis Association,—I wish to ask if you will not permit my Company to have such a letter sent to our Examiners, the expense to be borne by us.

"It will be my plan to mail them, not to all of our Examiners, as that would take a very long time inasmuch as we have probably 12,000 examiners throughout the country, but to mail the letter with our pay checks so that it will reach the active men, numbering probably 2,000 and representative of those who will be most valuable as members of the Association.

"There can be no question as to the value that your work has, from our viewpoint, and I am sure that all Life Insurance Companies benefit directly by it.

"Should you, at any future time, feel that we can be of assistance to you, I shall consider it a pleasure if you will communicate with me.

"(Signed) HARRY TOULMIN,
"Medical Director."

Dr. Chas. H. Willits, of the Provident Life & Trust Company of Philadelphia, signed the following letter, which it is expected will be sent to medical examiners of that Company:

"It has recently been brought to our attention that the National Tuberculosis Association will conduct a membership campaign beginning March 1st, in which it is hoped to enroll physicians throughout the country.

"The activities of this organization are in every way commendable and react favorably upon the insurance business.

"In case you are not a member, I hope you will give the matter thoughtful consideration.

"(Signed) CHAS. WILLITS,
"Medical Director."

No less than twenty thousand prospective members will be solicited to join the National Tuberculosis Association as a result of lists received at Campaign Headquarters from state and local associations throughout the country, but it is too early yet to quote figures on the probable returns.

A national mail campaign involves heavy expense, and the possible returns in proportion to the cost must remain problematical until after intensive follow-up work has gleaned whatever harvest of members are to be obtained by this mode of solicitation.

It is important that all possible cooperation be given by tuberculosis workers in every state, as campaign letters and printed matter will have an intangible educational value far in excess of gains to the National Association in membership fees.

Ultimately, a substantial representative membership in every community will develop interest and education in tuberculosis work. Every membership means an additional link in the chain of those who stand for scientific and adequate organization and will hasten the time when tuberculosis will be placed in the same category as yellow fever and other preventable diseases.

Additions to Staff

Miss Gladys E. Vaughan has been added to the staff as Loan Service Secretary. She is a graduate of Allison College, Canada, where she took her B. A. and M. A. degrees in 1910-11. Miss Vaughan did post-graduate work at Harvard Medical, Minnesota Medical and Yale Graduate School. For the past three years she has been on the staff of the Minnesota State Board of Health. She takes up her work with the National Tuberculosis Association after attending the Institute in February.

Mr. Murray A. Auerbach comes to the National Association as Regional Secretary for the Southern States, succeeding Mr. James P. Faulkner, resigned. His territory comprises North and South Carolina, Georgia, Tennessee, Florida, Alabama, Mississippi, Louisiana, Arkansas and possibly Kentucky.

Modern Health Crusade Number

The April BULLETIN will feature the Crusade. Its program in the schools, with endorsements by educational authorities, health commissioners and state governors, its enlistment of more than 2,000,000 children will be set forth. A Crusaders' song and playlet will be given.

A New Motion Picture

The production of a new moving picture dealing with the Health Crusade movement is now under way.

The story written by Henry McMahon is a clever adaptation from the heraldry of King Arthur's Court, and features the Wizard Merlin still weaving his incantation against the powers of Evil.

Two little children, John and Mary, are taken in a dream by Merlin on an amusing personally-conducted tour. They meet the Dragons of Disease, see the ultimate effects of their own present unhealthful mode of living, and learn the necessity of keeping the Health Rules.

Reading Course for Tuberculosis Workers

Tuberculosis workers are constantly asking for literature on various subjects. In conjunction with the Institute for Tuberculosis Workers a reading course has been prepared by the National Tuberculosis Association. The following course is based largely upon material available in the National Association offices. It does not pretend to be complete or exhaustive.

Methods of Anti-Tuberculosis Work

(1) Educational Methods:—

"A B C of Exhibit Planning," by E. G. Routzahn, published by Russell Sage Foundation.

"Making Type Work," by Benj. Sherbow; The Century Co.

"Manual of Style"—Chicago University Press.

"The Preparation of Manuscripts for the Printer," by F. H. Vizetelly; Funk & Wagnalls.

"Publicity and Education—Why is a Press Agent," by E. A. Moree, reprinted from 13th ANNUAL TRANSACTIONS of the National Tuberculosis Association, page 462.

"Report of Committee on Exhibits of the National Conference of Secretaries," reprinted from the 10th ANNUAL TRANSACTIONS, page 373.

"Publicity as a Means of Education and Support," by Dr. F. R. Greene, reprinted from the April 1918 JOURNAL OF THE OUTDOOR LIFE.

Modern Health Crusader Manual, and other Modern Health Crusader literature, published by the National Tuberculosis Association.

(2) Organization:—

"Typical Forms of Organization of Associations in the United States," 1911 TUBERCULOSIS DIRECTORY, page 197.

(3) Dispensaries:—

"Dispensaries," by Michael M. Davis, Jr., and Dr. Andrew R. Warner, published by MacMillan Company.

"Tuberculosis Dispensary Method and Procedure," by F. Elisabeth Crowell.

(4) Open-Air Schools:—

"Open-Air Schools," by Sherman C. Kingsley and F. B. Dresslar, published in the report of the Bureau of Education, Bulletin 1916, No. 23.

"Open-Air Schools," by L. P. Ayres, Doubleday, Page & Co.

"Open-Air Schools," by Neil S. MacDonald; McClelland, Goodchild and Stewart, Toronto.

"Open-Air Schools and Open-Window Rooms—How to Build and Equip Them," by Sherman C. Kingsley, reprinted from the September and October 1916 numbers of the JOURNAL OF THE OUTDOOR LIFE.

(5) Nursing:—

"The Tuberculosis Nurse," by Ellen N. LaMotte; G. P. Putnam's Sons.

"Tuberculous Families in Their Homes," a study, published by The Association of Tuberculosis Clinics and the Committee on the Prevention of Tuberculosis of the Charity Organization Society, New York City.

"A Nurse's Survey," by Philip P. Jacobs, published in January and February 1917 numbers of the *Trained Nurse and Hospital Review*, pages 1 and 63.

"A State Bureau of Tuberculosis Hospital Admissions and Discharges," by Amy L. Mercer, reprinted from 13th ANNUAL TRANSACTIONS, page 357.

"Rural Nursing," by Fannie F. Clement, reprinted from the 13th ANNUAL TRANSACTIONS, page 442.

"Social Service Nurse," by Dr. James A. Miller, reprinted from the March 1915, JOURNAL OF THE OUTDOOR LIFE.

"Public Health Nursing," published by National Organization for Public Health Nursing, 156 Fifth Ave., New York City.

"Home Instruction by the Tuberculosis Nurse," by Edna L. Foley, reprinted from the *Public Health Nurse*, September 1918.

Note:—For other literature see National Organization for Public Health Nursing, 156 Fifth Avenue, New York City.

(6) Institutional Methods:—

"Fresh Air and How to Use It," by Dr. Thomas S. Carrington; by the National Tuberculosis Association.

"Sanatoria for the Tuberculous," by Dr. F. R. Walters; George Allen & Co., London.

"Tuberculosis Year Book and Sanatoria Annual," by Dr. T. N. Kelynack; John Bale, Sone & Danielsson, Ltd., London.

"Are Sanatoria Worth While," by Bernice W. Billings and Dr. John B. Hawes, II.; reprinted from the 13th ANNUAL TRANSACTIONS, page 203.

"Admitting Patients to State Sanatoria," by Dr. Harry L. Barnes, reprinted from the May 1915 number of the JOURNAL OF THE OUTDOOR LIFE.

"The Sanatorium Milk Supply," by Dr. Thos. S. Carrington, reprinted from the January 1917, JOURNAL OF THE OUTDOOR LIFE.

"Advanced Case Hospital Report," reprinted from the 9th ANNUAL TRANSACTIONS, page 54.

"Laboratories for Tuberculosis Sanatoria or Hospitals," by Dr. E. R. Baldwin, reprinted from the December 1918, number of the JOURNAL OF THE OUTDOOR LIFE.

"Standardization of Tuberculosis Sanatorium Accounting," by E. C. Rastall, reprinted from the December 1918, number of the JOURNAL OF THE OUTDOOR LIFE.

"Methods of Housing Tuberculous Insane," by Dr. Thos. S. Carrington, reprinted from the October 1910, JOURNAL OF THE OUTDOOR LIFE.

(7) Industrial Methods:—

"Diseases of Occupation and Vocational Hygiene," by Dr. G. M. Kober and r. W. C. Hanson; P. Blakiston's Sons & Co., Philadelphia.

"The Mortality from Respiratory Diseases in Dusty Trades," by Frederick L. Hoffman; U. S. Department of Labor, Bureau of Labor Statistics, *Series No.* 17, *Whole number* 231.

"Workmen's Organization in Local Anti-Tuberculosis Campaign," by the National Tuberculosis Association.

"Medical Examination of Employees," by Dr. T. B. Sachs, reprinted from the 10th ANNUAL TRANSACTIONS, page 35.

Programs of Anti-Tuberculosis Work

(1) Programs for Local Work:—

"Tuberculosis Associations and Relief Agencies," by Homer Folks, reprinted from the 13th ANNUAL TRANSACTIONS, page 414.

"Budget and Program," by Arthur J. Strawson, reprinted from the 13th ANNUAL TRANSACTIONS, page 458.

"An Adequate Relief Program for Tuberculosis Cases," by Boris D. Bogen, reprinted from the 13th ANNUAL TRANSACTIONS, page 431.

"Medical Aspects of the Michigan Tuberculosis Survey," by Dr. Victor C. Vaughan, reprinted from 13th ANNUAL TRANSACTIONS, page 155.

"Medical Examination of School Children in the Rural Districts," by Dr. J. N. Hurty, reprinted from the 13th ANNUAL TRANSACTIONS, page 448.

"After Care of Local Committees," by Homer Folks, reprinted from the July 1909, JOURNAL OF THE OUTDOOR LIFE.

"Duties and Opportunities of Private Associations," by Mrs. E. L. M. Tate-Thompson, James Minnick and Dr. C. J. Hatfield, reprinted from the 11th ANNUAL TRANSACTIONS, page 302.

"Double Cross Standardized," reprinted from the October 1918, JOURNAL OF THE OUTDOOR LIFE.

(3) The Framingham Community Program:—

MONOGRAPH No. 1, "The Program," by Dr. D. B. Armstrong, Health Officer of the Community Health Demonstration.

MONOGRAPH No. 2, "Sickness Census," by Dr. D. B. Armstrong, Health Officer of the Community Health Demonstration, Framingham, Mass.

MONOGRAPH No. 3, "Vital Statistics," by Dr. D. B. Armstrong, Health Officer of the Community Health Demonstration, Framingham, Mass.

MONOGRAPH No. 4, "Medical Examination Campaigns," by Dr. D. B. Armstrong, Health Officer of the Community Health Demonstration, Framingham, Mass.

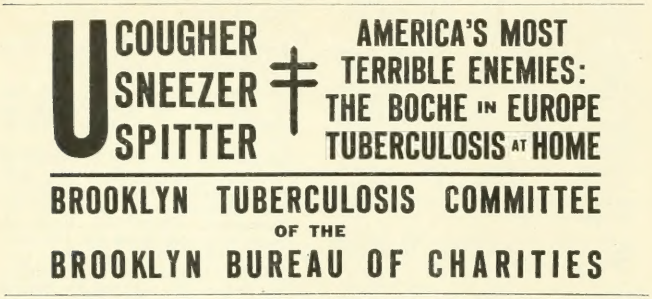
(*Continued on page* 8)

Suggestions from the Field

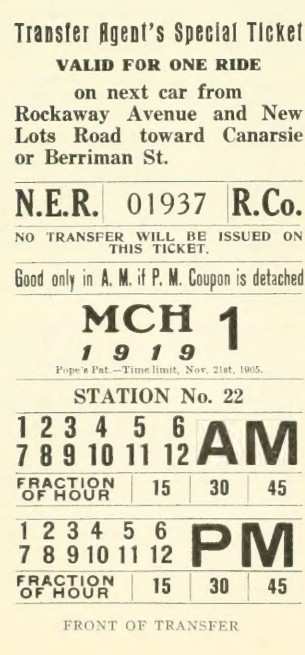
This department of the BULLETIN is designed to give brief information regarding anti-tuberculosis activities in different parts of the country. The items published are presumed to deal with new lines of work or new methods and to contain suggestions of general value. Tuberculosis workers are invited to send appropriate information to the National Tuberculosis Association, marked "Exchange Service."

Brooklyn Publicity

Some months ago the Brooklyn Committee prevailed upon the Brooklyn Rapid Transit Company to print the influenza propaganda shown below on the back of their transfers. Approximately 5,000,000 of these were thereby placed in the hands of the public at very little expense as shown below:



BACK OF TRANSFER


Transfer Agent's Special Ticket
VALID FOR ONE RIDE
on next car from Rockaway Avenue and New Lots Road toward Canarsie or Berriman St.
N.E.R. 01937 R.Co.
NO TRANSFER WILL BE ISSUED ON THIS TICKET.
Good only in A. M. if P. M. Coupon is detached
MCH 1
1919
Pope's Pat.—Time limit, Nov. 21st, 1905.
STATION No. 22
1 2 3 4 5 6
7 8 9 10 11 12 AM
FRACTION OF HOUR 15 30 45
1 2 3 4 5 6
7 8 9 10 11 12 PM
FRACTION OF HOUR 15 30 45

FRONT OF TRANSFER

Spurring Legislators to Action

A bill now before the Utah legislature providing for a special appropriation of $2,000 to reinforce funds available for the care of free patients, particularly men who were rejected from military service, is receiving wide-spread publicity in a clever pamphlet being distributed by the Utah Public Health Association.

Idaho to the Front

March 7th is a red letter day in the history of Idaho and the northwest, for that was the day when the state legislature enacted into law a bill providing for two district tuberculosis hospitals to be owned and operated by the state and supported jointly by the state and the districts. The passage of the bill is a distinct achievement for the Idaho Association for the Study and Prevention of Tuberculosis of which Mrs. Catherine R. Athey is the secretary.

The conception of the bill and the campaigning necessary to put it over was done by the Association. The bill will give Idaho an immediate hospital provision of not less than one hundred beds and will provide for a continuing participation of the state and local communities in the care of the tuberculous. The bill is significant not only for Idaho but practically for the entire northwestern territory.

Ohio News

A public health nurse has been added to the staff of the Ohio Society for the Prevention of Tuberculosis for special work in rural schools. She will spend from six weeks to two months in various counties of the state.

Ohio men discharged from military service because of tuberculosis, notifications of which were received by the state department of health during December, number ten, making a total to-date of 881.

Blotting Out Sickness

The St. Louis Anti-Tuberculosis Society is now conducting a continuous health education campaign by the use of an effective commercial advertising plan. Health rules and suggestions for the avoidance of tuberculosis are printed on blotters which are distributed in selected neighborhoods every two weeks.

A report of the influenza lecture staff of the Society, which conducted noon-hour five-minute talks in the factories during the influenza epidemic, shows a total of four lectures each day for the entire period of the epidemic, reaching more than twenty-six thousand persons.

Physicians to Receive $2.00 Fee

To further insure the reporting of new cases of tuberculosis by physicians, the Haverhill (Mass.) Tuberculosis Society will give every physician in the city two dollars for reporting such cases to the board of health. This is an increase of $1.00 in the fee previously paid physicians for reporting cases.

REPRODUCED BY COURTESY OF MR. CLAIRE BRIGGS

The above illustration appears on the cover of an attractive folder recently issued by the Committee on the Prevention of Tuberculosis of the Brooklyn Bureau of Charities. The folder contains a brief summary of tuberculosis statistics of general and local interest.

Cincinnati Interests School Children

The attractive pictures on this page were used to illustrate the following interview with Billy, which appears in a small folder recently printed by the Cincinnati Anti-Tuberculosis League, entitled "How I became the strongest boy in our neighborhood." A supply of this folder together with two other pamphlets for distribution among school children may be secured from Mr. Mees, the Cincinnati secretary.

"Would you like to have muscles like mine?" says Billy. "If you would, I'll tell you some of the things I do to get strong.

"In the first place I try to make friends with boys who like to be out of doors. I play out of doors for two hours or more every day after school.

"Then I go home and wash my hands and rest awhile before eating. Of course my mother knows how hungry I am after playing out of doors and so she prepares food which is wholesome and well cooked.

"I chew my food well and slowly because that is the way to digest it thoroughly.

"I brush my teeth after eating to keep them in good condition.

"Mother says, 'All play and no study will make me a dull boy,' so I study for an hour before going to bed.

"I go to bed early because I must have at least nine hours sleep to keep me in good condition.

"I open my bedroom window and in this way I build up my body, even while I am sleeping.

"I drink plenty of water.

"I do not smoke cigarettes or chew tobacco because it would stunt my growth, weaken my heart and make me short winded.

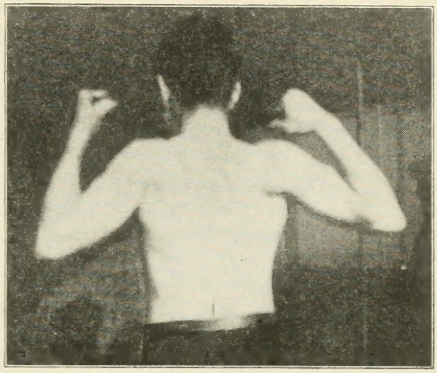
"I always attend the gymnasium classes at school.

"I keep my body clean. I always try to breathe through my nose with my mouth closed, to keep my lungs clean also.

"My sister follows the same rules that I do and you just ought to see how strong she is! I don't believe we will ever get sick.

"I hope you will give this a fair trial and I am sure you will meet with success.

"Very truly yours, BILLY."



YOUTHFUL SANDOW TELLS CHILDREN HOW TO GET STRONG

A Children's Motion Picture

The first edition of the new bulletin issued by the Los Angeles Tuberculosis Association contains an interesting story by Miss Jennie Van Allen regarding the children's open-air camp at Devil's Gate. A motion picture taken at the camp and contributed by Charlie Chaplin to the Los Angeles Association was exhibited at the Liberty Fair in California.

BILLY'S SISTER

Coercing the Chief

If the anti-spitting law in your town is violated and the chief of police doesn't respond when you appeal to him for enforcement, follow the method adopted in Cambridge, Mass.

The Anti-Tuberculosis Association sent a letter to 350 of its members asking them to write to the Chief of Police and to the trustees of the Boston Elevated Railway Company urging these officials to enforce the law against spitting. There was a splendid response to this request and the chief of police began receiving about a dozen letters a day from all parts of the city calling his attention to the violation of this law. About the third day the chief announced through the press that the law against spitting would be rigidly enforced. Three days later 25 offenders were brought into court and most of them fined $5 each.

As additional propaganda the association is distributing a leaflet on the subject and seven moving picture theatres are using a lantern slide at each performance which reads: "Careless coughing, sneezing, spitting, spreads disease. Protect your neighbor as you wish him to protect you."

Irene Byron Tuberculosis Hospital

Irene Byron Tuberculosis Hospital is the successor and outgrowth of the Fort Wayne Recovery Camp at Fort Wayne, Ind., which was composed of an old six-room frame farmhouse and fourteen Burr cottages.

Because of the remarkable results obtained with these inadequate facilities the county officials were induced to make a more liberal provision. One hundred thousand dollars were appropriated for the construction of the above hospital and $43,000 per year for its maintenance. It is designed to care for forty-four patients. The cottages from the old camp will be moved nearby to house ambulant cases.

This is the first tuberculosis hospital so far as is known to be named for a nurse. Irene Byron was for years an active tuberculosis worker and executive secretary of the Fort Wayne Anti-Tuberculosis League. She helped to plan the institution, but after war was declared joined the Red Cross and lost her life in the service.

Directory Changes

Mrs. M. E. Hefferon has been chosen as secretary of the Wyoming Public Health Association to succeed Mrs. R. A. Morton who has resigned to take up her duties as State Superintendent of Public Instruction.

M. S. Parker, former health officer of Boise, who was for two years chief deputy state dairy and sanitary inspector of Idaho, has just been elected field secretary of the Idaho Anti-Tuberculosis Association.

National Association Nominations

The usual Nominating Committee to nominate directors for the National Association has been appointed three months in advance of the annual meeting by the President, Dr. David R. Lyman. The members of the Committee are as follows:

Dr. James Alexander Miller, Chairman, 379 Park Ave., New York City, N. Y.
Dr. W. Jarvis Barlow, 616 Security Building, Los Angeles, Calif.
Dr. George Thomas Palmer, State Department of Public Health, Springfield, Ill.
Dr. Vincent Y. Bowditch, 506 Beacon St., Boston, Mass.
Dr. Charles L. Minor, 61 French Broad Ave., Asheville, N. C.

Fourteen directors are to be nominated to fill the expired terms of twelve directors and those caused by the death of Dr. Lowman and the resignation of Dr. McMichael. Members of the National Association are requested to send suggestions for nominations to any member of the Committee on Nominations. Such information should be in the hands of the Committee at the earliest possible moment. Nominations will be presented at the first general session of the meeting to be held on Saturday, June 14th, at St. Paul's Methodist Episcopal Church, Atlantic City, N. J.

Members who expect to attend the meeting and who have not made their hotel reservations, are urged to do so at once.

Modern Health Crusaders Department

Campaign Success Assured

Response to the summons to the Crusade and tournament has passed all expectations. To supply the children with Crusade implements to do battle against disease the National Association has been obliged to produce twelve million pieces of printed matter and insignia of the 1918-19 editions. The demand is from Florida to Washington and from Maine to California. There is no section without Crusaders.

Especially gratifying has been the reception given the Crusade by school authorities. Large cities as well as rural districts have welcomed the Crusade program. In many instances it has been made a regular part of the curriculum with credits for the performance of the health chores, under the head of "practical personal hygiene" or otherwise.

Adopted by Schools

The objective stated in the Crusade Manual has already obtained a wide realization: to establish this practical system of teaching hygiene in the elementary schools and to render obsolete the question, "What shall it profit a child to gain the whole curriculum and lose his own health?"

The Crusade has been introduced in normal schools, as at Winthrop, S. C., as a part of the equipment of future teachers. It is playing its part in parochial schools, and authorities of various church organizations have endorsed the movement.

State superintendents of instruction in many states, governors and state boards of health have published their indorsements. Among such states are Idaho, Wyoming, Texas, Oklahoma, Colorado, Missouri, Arkansas, Mississippi, Minnesota, Kentucky, Ohio and Maine.

Among the larger cities where the Crusade has been introduced with the co-operation of school heads are Providence, New York, Newark, Washington, Nashville, Montgomery, Grand Rapids, Indianapolis, Minneapolis, Kansas City, Ogden, and Portland, Oregon.

In New York City the Crusade was recently approved and pronounced desirable for the elementary schools at the offices of both the city superintendent of schools and the director of physical training. The Crusade is now in progress in 23 schools in Brooklyn, among 25,000 children.

Every school in Minneapolis and Hennepin County except one has taken up the Crusade and tournament. From Kansas City, where the Crusade program has been incorporated into the curriculum, W. C. Root, secretary of the Kansas City Anti-Tuberculosis Society, reports that the schools are "eating it up." "The manual training and vocational director, the efficiency expert, the hygiene director and the director of domestic science are all as keen as possible for the work." In connection with the spread of the Crusade six schools are pleading for open-air schools. "I am every day hearing of the value of the Crusade from the most unexpected quarters. Workingmen, men from wealthy homes and teachers in the schools all tell me that it is one of the best things they have ever known."

Silver Tourney

A considerable number of state associations are conducting ten-week tourneys: associations that were not in time for the fifteen-week tournament, and associations conducting both forms of joust. There is ample time to organize ten-week silver tourneys in most communities.

The National Association will supply further particulars of the active endorsement given the Crusade by school authorities, for use in communities which have been backward in making their hygiene instruction practical.

National School Service, the magazine sent free to every school teacher in the United States by the Department of the Interior, is carrying a large amount of copy to assist in the introduction of the Crusade. The Director of the Council of National Defense has written to each of the State Councils of Defense, recommending the Crusade.

If a teacher shrinks from undertaking the Crusade because of lack of time, it should be explained that the work is largely a home activity and that she may lead her children through a tourney by merely distributing the chore folders with the necessary initial explanations and checking up the records at the end

(*Continued on page* 8)

The Framingham Demonstration

No. 9: Health Education in Framingham

By D. B. Armstrong, M.D., Executive Officer

These monthly articles in the Framingham series began in July, 1918

The educational work of the Community Health and Tuberculosis Demonstration has aimed primarily at two things:

1. The instruction of the people of Framingham regarding the methods and objects of the Health Demonstration.

2. The education of all age groups regarding hygienic practices, and practical measures of disease prevention.

This latter phase of health educational work falls logically into main channels:

1. Those measures which are aimed at the prevention of infection, measures of personal hygiene directed at the suppression of disease, such as the avoidance of contact, the dangers of careless respiratory habits, the hazard of the unwashed hand, etc.

2. Those measures which tend to promote an increased resistance to disease, which encourage hygienic living, and promote healthful standards, such as the use of fresh air, exercise, proper diet, etc.

In the promotion of this program various devices have been employed such as popular leaflets, street car placards, window displays, health exhibits, literature for distribution in the schools, the factories, the baby clinics, etc.

Chief among the instruments of education have been the regular weekly Health Letters in the local press. These have appeared in the Saturday edition regularly since early in the Demonstration, and continue to reach a wide and interested audience. Visitors to Framingham in looking over the clipping books have been much interested in this type of educational work.

The local newspaper editors have been most cooperative in providing, without charge, a regular uniform space and arrangement for these letters. It has been suggested by numerous visitors that the letters as prepared would be useful for adaptation in other communities, and there is under consideration the possible publication of the entire series of Health Letters in booklet form for national distribution. In the meantime, individual copies are available in clipping or typewritten form, and may be secured upon request at the Health Station.

As an indication of the method of approach to the community, of the breadth of subjects covered, and of the extensive use of this space to promote various allied community interests, in addition to direct health interest, the following list of titles may be instructive:

1. Medical Examinations Prevent Disease.
2. Child Welfare in Framingham.
3. Healthy Homes Make Happiness.
4. Fresh Air.
5. The Common Cup.
6. Baby Hygiene.
7. Personal Hygiene for School Children.
8. Safe Milk for Children.
9. Tuberculosis—Early Medical Examinations.
10. Small Pox and Vaccination.
11. Fresh Air and Sunshine.
12. Health Crusaders in the High School.
13. An Inventory of Your Health.
14. The Health Crusaders' Alphabet.
15. Tuberculosis and "U" Boats.

16-21. Health Crusaders.

22. Thrift Stamps.
23. Liberty Bonds.
24. War Gardens.
25. Pasteurized Milk for Children.
26. Tuberculosis—Bullets Versus Bacilli.
27. Birth Certification.
28. Healthgrams.
30. House Flies.
31. Summer Hygiene for Children.
32. Stick to Your Job to Win the War.
33. Typhoid Fever.
34. Beating the Heat.
35. First Aid in Summer.
36. Bite the Bubble.
37. Hygiene in the Factory.
38. Infantile Paralysis.
39. Keep Your Fingers Out of Your Mouth.
40. Good Teeth.
41. A Health Chart.
42. Safe Food for Fighters.
43. The Children's Health Army.
44. The Fourth Liberty Loan.
45. Influenza and Liberty Bonds.
46. A Safe Town for Children.
47. After the "Flu"—What?
48. Health Fun.
49. Health Logic.
50. The War Works Campaign.
51. Don't Let the "Flu" Come Back.
52. Rural Hygiene.
53. Cancer.
54. The Red Cross Christmas Roll Call.
55. Influenza and the Nation's Health.
56. Framingham and Influenza.
57. The Children's Health Alphabet.
58. The Child and Tuberculosis.
59. Don't Spit.
60. Is the Baby's Birth Registered?
61. Medical Examination After Influenza.
62. Mental Hygiene.

For much of this material the Framingham staff is, of course, indebted to Health Editors of various Health Department publications throughout the country. For much of it, originality cannot be claimed. A few of the Health Letters have been illustrated with photographs or cartoons. The final editing and formal publication of the Health Letters, or at least of a selected group of them, will depend somewhat upon the interest that is manifested outside of Framingham in this phase of the Health Demonstration's educational program.

NOTE.—*Several publications are now available at the Community Health Station and may be had at the rate of 5 cents a copy. Mail orders should be addressed to the Community Health Station, Framingham, Mass. These publications are as follows; Diagnostic Standards in Tuberculosis; Monograph No. 1, The Program; Monograph No. 2, The Sickness Census; Monograph No. 3, The Vital Statistics of Framingham; Monograph No. 4, Medical Examination Campaigns; Monograph No. 5, Tuberculosis Findings.*

Rochester, N. Y., News Items

Ten thousand copies of William S. Groom's Health First Reader are being distributed in the schools of Rochester and Monroe county through the Rochester Tuberculosis Association. These are going into the second and third grades.

Through the efforts of the Rochester Tuberculosis Association Miss Roberta Leslie has been employed as community nurse by East Rochester and she will be provided with an adequate office. Her activities will include general community public health work and school inspection.

Dr. Donald B. Armstrong, Executive Secretary, of the Framingham Health Demonstration, addressed the first annual meeting of the Rochester Tuberculosis Committee on February 6th. At this time the name of the committee was changed to the Rochester Tuberculosis Association. All the officers were re-elected and a number of county representatives were added to the general committee.

A Striking Poster

An effective red and black poster 9 in. by 22 in., entitled, "Did You Have Influenza?" is being distributed in New Jersey by the Newark Anti-Tuberculosis Association. It contains an appeal to all recent influenza sufferers to call for physical examination at one of the board of health clinics.

Under the caption, "Be On the Safe Side," a physician is shown using a stethoscope on a suspicious case.

Any associations desiring to use this poster may secure a supply through Ernest D. Easton, executive secretary of the Newark association. He will arrange to have the name of such associations and the address of their clinics printed in the proper spaces.

Reading Course for T. B. Workers

(*Continued from page 3*)

(3) Reports of the Executive Office appearing in each one of the thirteenth ANNUAL TRANSACTIONS of the National Tuberculosis Association.
"A War Tuberculosis Program for the Nation," by Dr. H. M. Biggs, reprinted from the 13th ANNUAL TRANSACTIONS, page 73.
"A National War Program for the Control of Tuberculosis," prepared by the National Tuberculosis Asocition and read at five sectional conferences held during October and November 1917, reprinted from the December 1917, number of the JOURNAL OF THE OUTDOOR LIFE.

III. Relation of Tuberculosis Campaign to Other Social and Public Health Movements

"The New Public Health," by Dr. H. W. Hill, published by MacMillan Company.
"Social Diagnosis," by Mary E. Richmond, published by the Russell Sage Foundation.

IV. The Psychology of Community Organization

"Readings in Descriptive and Historical Sociology," by Franklin H. Giddings; the MacMillan Co.
For general reading, it is also desirable to read the following works:
"An Autobiography," by Dr. E. L. Trudeau; Lea and Febiger.
"The Battle with Tuberculosis and How to Win It," by Dr. MacDougall King; J. B. Lippincott Co.
"Tuberculosis: Its Cause, Cure and Prevention," by Dr. E. O. Otis, published by T. Y. Crowell & Co. Price $1.50.
"Essays on Tuberculosis," a series of articles by Allen K. Krause, appearing in the JOURNAL OF THE OUTDOOR LIFE, beginning January, 1918, throughout the year.

Modern Health Crusaders Dept.

(*Continued from page 6*)

of two, five and ten weeks. If she makes a start, the zest of the movement will, nine times out of ten, lead her to prompt her pupils by questioning them on their chores.

A report from Southold, L. I., runs as follows: "When the health tournament was first planned, I gave a sigh and thought, 'More work and red tape, and what will it amount to?' But I find that it has made even less work, because the children have taken responsibility in trying to do the things that will give them a good record."

The prospects are that in a short time it will be a very exceptional school that is unwilling to set aside a period for the work. For a while, there may survive schoolmen who, in the language of a progressive school superintendent, will insist on teaching children how to spell phthisis without giving any instruction on how to avoid tuberculosis.

April Meeting

"Fly, mosquito and vermin campaigns; clean-up work" is the subject for the April meeting. Crusaders should be interested both in a swatting campaign and in an early cleaning up of places in which flies may breed. The offer of a reward for every hundred flies caught before a certain date should serve as an incentive. "One fly killed in April is better than thousands in August."

War should be waged against mosquitos by emptying or draining all objectionable standing water and covering ponds with oil; and rats and mice should be exterminated. A clean-town campaign should be begun by eliminating rubbish and planting gardens in waste places.

It will be found desirable to give all possible publicity to this work which touches so vitally the welfare of the community. If any of the enterprises prove too extensive for Crusaders, the aid of older persons or groups should be enlisted.

"A Pageant of Average Town," one of the health playlets, may be presented in connection with this program. Several of the "Keep Well Stories" may profitably be read to the younger children.

The National Association will, on request, send display cards and literature on fly prevention to any Crusade master. For further recommendations, the chapter on sanitation in "Common Sense in Health," supplement to the Junior Red Cross Teachers Manual, should be consulted.

Notes and Pointers

Miss Katherine Henricle, field secretary of the Florida Anti-Tuberculosis Association, writes: "Our only difficulty is in covering the ground. I have met with absolutely no opposition. The teachers are anxious for it, and not one so far has pleaded too busy to do the work entailed."

Mr. W. P. Smith, secretary of the Schuylkill County (Pa.) Anti-Tuberculosis Society, referring to the enlistment of 20,000 children in the county, writes: "The co-operation received from superintendents and teachers is of the best. Two weeks of the tournament have not passed, but splendid reports are already coming in, showing the benefit of the movement. An incident is the increased sale of toothbrushes. One storekeeper says that he sold more brushes in one week than he had sold before in a year. A father told me the other day that he attributed the good health of his children to the interest they had taken in the Crusade."

Dr. E. G. Gowans, State Superintendent of Instruction for Utah, has given his official approval to the Crusade for the public schools.

The Memphis and Shelby County Anti-Tuberculosis Association (Tennessee) has enrolled 38,000 children of the city and county schools in the Crusade.

Child Welfare Material

In connection with present or possible future activities along lines of prevention of tuberculosis among children, tuberculosis agencies will find serviceable for reference to the following list of organizations having child welfare exhibits of printed material, as published in *The Public Health Nurse* for September, 1918:—

Baby-Week Campaigns, Federal Children's Bureau, Washington, D. C. This booklet contains, among much other valuable and indispensable material, a list of state authorities furnishing special information.
Strong, A. L., Child Welfare Exhibits (Children's Bureau).
Routzahn, A B C of Exhibit Planning (Russell Sage Foundation), 130 East 22nd St., New York.
American Issue Pub. Co., 906 Broadway, New York.
American Ass'n for Study and Prevention of Infant Mortality, 1211 Cathedral St., Baltimore, Md.
American Medical Ass'n, 535 N. Dearborn St., Chicago, Ill.
American Red Cross Town and Country Nursing Service, Washington, D. C.
Ass'n for Improving the Condition of the Poor, 105 E. 22nd St., New York.
Babies' Welfare Ass'n, N. Y. City Dept. of Health, 139 Center St., New York.
Child Federation, 1016 Wetherspoon-Bldg., Philadelphia, Pa.
Children's Bureau, U. S. Dept. of Labor, Washington, D. C.
Educational Exhibit Co., 28 Custom House St., Providence, R. I.
Hine Photo Co., 27 Grant Ave., Yonkers, N. Y.
National Child Labor Committee, 105 E. 22nd St., New York.
National Child Welfare Ass'n, 70 Fifth Ave., New York.
National Commission for Mental Hygiene, 50 Union Square, New York.
National Consumers' League, 106 E. 19th St., New York.
National Committee for Prevention of Blindness, 130 E. 22nd St., New York.
National Organization for Public Health Nursing, 156 Fifth Avenue, New York.
National Tuberculosis Ass'n, 381 Fourth Ave., New York.
Public Service Exhibit Bureau, 123 W. Madison St., Chicago, Ill.
Russell Sage Foundation, Dept. of Surveys and Exhibits, Dept. of Child Helping, 130 E. 22nd St., New York.
U. S. Dept. of Agriculture, Office of Home Economics, State Relations, Washington, D. C.
U. S. Food Administration, Washington, D. C.
U. S. Public Health Service, Stereopticon Loan Library Service. Address Surgeon General, U. S. P. H. Service, Washington, D. C. (and refer to letters D. Q.)
Woman's Home Companion, Better Babies Bureau, 381 Fourth Ave., N. Y.